Resource 2 ‘Outside the Box’ website

The web resource ‘outside the box’ is a useful resource for developing students understanding of the relevant outcome: ALS2.6 Discusses the relationship between regular and varied physical activity and health. The specific resource (attached) is one that requires students to draw upon the place of regular exercise and diet in their own lives. Furthermore, through the use of such a resource, the students are encouraged to think about the importance of first considering their own lifestyle in terms of health before working towards promoting a healthy approach video. In this way, the resource very effectively allows students to consider and reflect upon the relevance and importance of their own lives in what they are learning**. (Quality Teaching Framework, 2003).** In this way, the learning becomes both more relevant and significant for students. In having students think about the importance of exercise in their own lives, they are better able to work towards developing reasons to persuade and encourage others towards engaging in this healthy balanced lifestyle. Therefore, this resource is the foundation for the lesson because it brings to the fore why this learning is important.

The lesson in which the resource is used works towards having students understand the written grammar required to develop an understanding of this link between regular exercise and health. Throughout the lesson on written grammar, the focus is specifically towards the ways in which the written language in health promotion advertisements is used to persuade people towards engaging in healthier lifestyles. Through engaging students with this resource initially, in collaboration with a range of other resources students are able to draw upon the written language used in these advertisements for the development of their own video (the final product). Therefore, whilst this lesson engages students in learning about the importance of maintaining a healthy balanced lifestyle (PDHPE COMPONENT/OUTCOME ALS2.6), it also works towards the development of language and written grammatical features in being able to respond to advertisements and reflect upon the ways in which language is used to achieve its social purpose.

The students engage in reading, writing, talking and listening activities throughout the lesson. This involves working collaboratively as a whole class, in small groups and independently in relation to writing and reflecting tasks. The use of such group work is critical to the development of the lesson because it allows students to work together to explore varying perspectives. This allows for the development of both reflective strategies upon students thinking in a social context which promotes beneficial opportunities for learning. (Winch, 2006) Students are also afforded the opportunity to reflect upon their own learning and the learning of others with the opportunity for collaboration in the form of individual and peer assessment on their learning. This promotes the idea of classroom community and contributes to the idea of a shared learning environment. Also, in using the resource, individuals share and evaluate on their own experiences and others to consider a variety of perspectives; that is, on healthy lifestyles and the way that exercise impacts this.